AIR FORCE SCHOOL, BAMRAULI

Annual Split-Up of Syllabus Academic Session 2025-26

Class: - XI Subject: -Physical Education

Book Name:- V. K SHARMA (Saraswati Publication)

MONTH	CHAPTER/UNIT	TOPIC/SUBTOPIC	NO OF PERIODS	ACTIVITY
August	UNIT 1	1. Concept, Aims &	15	• Lecture-
	Changing Trends &	Objectives of Physical		based
	Career in Physical Education	Education		instruction,
		2. Development of		
		Physical Education in		• Technology- based
		India – Post		
		Independence		learning,
		3. Changing Trends in		• Group
		Sports- playing		learning,
		surface, wearable		
		gear and sports equipment,		• Individual
		technological		learning,
		advancements		• Inquiry-based
		4. Career options in		learning,
		Physical Education		Kinesthetic learning,
		5. Khelo-India Program and Fit – India		

		Program		Game-based learning
				and
				• Expeditionary learning.
August	UNIT 2	1. Olympism – Concept	10	• Lecture-
	Olympic Value	and Olympics Values		based
	Education	(Excellence,		
		Friendship & Respect)		instruction,
		2. Olympic Value		• Technology- based
		Education – Joy of		based
		Effort, Fair Play,		loorning
		Respect for Others,		learning,
		Pursuit of Excellence,		Craun
		Balance Among Body,		 Group learning,
		Will & Mind		
				Individual
		3. Ancient and Modern		learning,
		Olympics		
		olympioc		• Inquiry-based
		4. Olympics - Symbols,		learning,
		Motto, Flag, Oath, and		
		Anthem		Kinesthetic learning,
		/ widioiii		, , , , , , , , , , , , , , , , , , , ,
		5. Olympic Movement		Game-based learning

		Structure - IOC, NOC,		
		IFS, Other members		and
				• Expeditionary learning.
September	UNIT 3	1. Meaning and	14	• Lecture-
	Yoga	importance of Yoga		based
				i 4 4i
		2. Introduction to		instruction,
		Astanga Yoga		
				• Technology- based
		3. Yogic Kriyas (Shat		
		Karma)		learning,
		4. Pranayama and its		. Croup
		types.		• Group learning,
		5. Active Lifestyle and		• Individual
		stress management		learning,
		through Yoga		
				 Inquiry-based learning,
				, , , , , , , , , , , , , , , , , , ,
				Kinesthetic
				learning,
				Game-based learning
				iourining

				and
				• Expeditionary learning.
Operatorials	LINUT 4	4. Ossessat of Disability	40	
September	UNIT 4	1. Concept of Disability	13	Lecture- based
	Physical Education & Sports for CWSN	and Disorder		
		2. Types of Disability, its		instruction,
		causes & nature		
		(Intellectual disability,		• Technology- based
		Physical disability).		basea
				learning,
		3. Disability Etiquette		ioariii ig,
				• Group
		4. Aim and objectives ofAdaptive Physical		learning,
		Education.		• Individual learning,
		5. Role of various		
		professionals for		• Inquiry-based
		children with special		learning,
		needs (Counselor,		17: 11 (
		Occupational		 Kinesthetic learning,
		Therapist,		
		Physiotherapist,		Game-based
		Physical Education		learning
		Teacher, Speech		
		Therapist, and Special		and

		Educator)		
				Expeditionary learning.
October	UNIT 5	1. Meaning & importance	10	• Lecture-
	Physical Fitness,	of Wellness, Health,		based
	Wellness	and Physical Fitness.		
				instruction,
		2. Components/Dimensions of Wellness		• Technology-
		Health, and Physical		based
		Fitness		
				learning,
		3. Traditional Sports &		
		Regional Games for		 Group learning,
		promoting wellness		, , , , , , , , , , , , , , , , , , , ,
				• Individual
		4. Leadership through		learning,
		Physical Activity and		
		Sports5. Introduction to First		• Inquiry-based
		Aid – PRICE		learning,
				Kinesthetic learning,
				Game-based learning
				and

				• Expeditionary learning.
October		1. Define Test,	15	• Lecture-
	UNIT 6	Measurements and		based
	Test, Measurements & Evaluation	Evaluation.		instruction,
		2. Importance of Test,		
		Measurements and		• Technology- based
		Evaluation in Sports.		
				learning,
		3. Calculation of BMI,		
		Waist – Hip Ratio,		• Group
		Skin fold		learning,
		measurement (3-site)		
				• Individual
		4. Somato Types		learning,
		(Endomorphy,		la acciona la a a a d
		Mesomorphy &		• Inquiry-based learning,
		Ectomorphy)		
				Kinesthetic
		5. Measurements of		learning,
		health-related fitness		0
				Game-based learning
				and
				• Expeditionary learning.

November	UNIT 7	1. Definition and	15	• Lecture-
	Fundamentals of	importance of		based
	Anatomy and Physiology in Sports	Anatomy and		
	T hysiology in opolis	Physiology in Exercise		instruction,
		and Sports.		
				 Technology- based
		2. Functions of Skeletal		baseu
		System, Classification		loorning
		of Bones, and Types		learning,
		of Joints.		
				 Group learning,
		3. Properties and		
		Functions of Muscles.		• Individual
				learning,
		4. Structure and		
		Functions of		• Inquiry-based
		Circulatory System		learning,
		and Heart.		Kinesthetic
				learning,
		5. Structure and		
		Functions of		Game-based
		Respiratory System.		learning
				and
				• Expeditionary learning.
November	UNIT 8	1. Definition and	15	Lecture- based

	Fundamentals of Kinesiology and Biomechanics in Sports	Importance of Kinesiology and Biomechanics in		instruction,
		Sports.		• Technology- based
		2. Principles of		
		Biomechanics		learning,
		3. Kinetics and		• Group
		Kinematics in Sports		learning,
		4. Types of Body Movements - Flexion,		• Individual learning,
		Extension, Abduction,		• Inquiry-based learning,
		Adduction, Rotation,		
		Circumduction,		Kinesthetic learning,
		Supination &		
		Pronation		Game-based learning
		5. Axis and Planes –		
		Concept and its		and
		application in body		
		movements		• Expeditionary learning.
December	UNIT 9	1. Definition &	13	• Lecture-
	Psychology and Sports	Importance of		based
		Psychology in		

		Physical Education &		instruction,
		Sports;		
		2. Developmental		• Technology- based
		Characteristics at		
				learning,
		Different Stages of		_
		Development;		• Group learning,
		3. Adolescent Problems		
		& their Management;		• Individual learning,
		4. Team Cohesion and		
		Sports;		• Inquiry-based learning,
		5. Introduction to		
		Psychological		Kinesthetic
		Attributes: Attention,		learning,
		Resilience, Mental		. Cama basad
		Toughness		Game-based learning
				_
				and
				• Expeditionary learning.
December	UNIT 10	1. Concept and	14	• Lecture-
	Training & Doping in	Principles of Sports		based
	Sports	Training		instruction,

		2. Training Load: Over		
		Load, Adaptation, and		• Technology-
		Recovery		based
		3. Warming-up &		learning,
		Limbering Down –		
		Types, Method &		• Group learning,
		Importance		roarring,
				• Individual
		4. Concept of Skill,		learning,
		Technique, Tactics &		
		Strategies5. Concept of		• Inquiry-based
		Doping		learning,
		and its disadvantages		
				Kinesthetic learning,
				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
				• Game-based
				learning
				and
				Expeditionary
				learning.
January	Practicle	Games and sports	28	Lecture- based
				basea
				instruction,
				mondon,

				• Technology- based
				learning,
				• Group learning,
				• Individual learning,
				• Inquiry-based learning,
				Kinesthetic learning,
				Game-based learning
				and
				Expeditionary learning.
February	Practicle	Games and sports	28	Lecture- based
				instruction,
				Technology- based

		learning,
		• Group learning,
		• Individual learning,
		• Inquiry-based learning,
		Kinesthetic learning,
		• Game-based learning
		and
		Expeditionary learning.